

What is claimed is:

1. A wristwatch-typed pedometer comprising:

a watch casing, which comprises a watch band for fitting to a user's wrist;

a pace signal sensor, which is disposed in the watch casing for detecting an accumulated number of paces and generating a series of pace signals;

a data processing unit, which receives the pace signals from the pace signal sensor and calculates and processes the pace signals; and

a speed calculation table memory coupled to the data processing unit, which stores a reference table of stride length against speed in pace per second;

wherein based on the pace signal from the pace signal sensor, the data processing unit calculates and generates a speed of the user in step per second and then checks the reference table stored in the speed calculation table memory and obtains a corresponding stride length, and thereby calculates an accumulated distance and a walking speed of the user in length per unit time.

2. The wristwatch-typed pedometer as claimed in claim 1, further comprising a setting unit which is coupled to the data processing unit for setting of a stride length to the speed calculation table memory.
3. The wristwatch-typed pedometer as claimed in claim 1, wherein the speed calculation table memory further comprises a formula which is defined by the user and is an expression of relationship between stride length and speed in step per second for calculation of the stride length at a fixed speed.
4. The wristwatch-typed pedometer as claimed in claim 1, further comprising a calorie burned table memory which stores a personal data of the user including

sex and weight, a database of calorie consumption for various exercises and a database of calorie consumption at different intensities, and thereby the data processing unit refers to the calorie burned table memory and calculates a calorie consumption of the user.

5. The wristwatch-typed pedometer as claimed in claim 4, wherein the data processing unit calculates the calorie consumption of the user based on an exercise intensity which is indicated by the speed of the user.
6. The wristwatch-typed pedometer as claimed in claim 1, further comprising a display unit which is coupled to the data processing unit for displaying the accumulated number of paces, accumulated walking distance and walking speed of the user.
7. A wristwatch-typed pedometer comprising:
 - a watch casing, which comprises a watch band for fitting to a user's wrist;
 - a pace signal sensor, which is disposed in the watch casing for detecting an accumulated number of paces and generating a series of pace signals;
 - a wireless body signal detecting device for detecting a human physiological signal of the user;
 - a data processing unit, which receives the pace signals from the pace signal sensor and the human physiological signal from the wireless body signal detecting device and calculates and processes the pace signals; and
 - a display unit, which is connected to the data processing unit for displaying the pace signals and the human physiological signal from the data processing unit.
8. The wristwatch-typed pedometer as claimed in claim 7, further comprising a

speed calculation table memory which is connected to the data processing unit and stores a reference table of stride length against speed in pace per second, and based on the pace signal from the pace signal sensor, the data processing unit calculates a speed of the user in step per second, checks the reference table and obtains a corresponding stride length, and thereby calculates the accumulated distance and speed of the user in length per unit time.

9. The wristwatch-typed pedometer as claimed in claim 8, further comprising a setting unit which is connected to the data processing unit for setting a stride length to the speed calculation table memory.
10. The wristwatch-typed pedometer as claimed in claim 8, wherein the speed calculation table memory further comprises a formula which is defined by the user and is an expression of a relationship between the stride length and the speed in step per second for calculation of the stride length at a fixed speed.
11. The wristwatch-typed pedometer as claimed in claim 7, further comprising a calorie burned table memory which stores a personal data of the user including sex and weight, a database of calorie consumption for various exercises and a database of calorie consumption at different intensities, and the data processing unit refers to the calorie burned table memory and thereby calculates a calorie consumption of the user.
12. The wristwatch-typed pedometer as claimed in claim 11, wherein the data processing unit calculates the calorie consumption of the user based on an exercise intensity which is indicated by the speed of the user.
13. The wristwatch-typed pedometer as claimed in claim 7, wherein the body signal detecting device comprises a wireless heartbeat detecting device for detecting a heartbeat of the user.